

Child Care Health Consultation Lesson Plan

Contractor Name: CCHC Program

Date Submitted: May 29, 2015

☐ **Children's Health Promotion**

**Adult Training on
Content Area V:
Health and Safety**

Health and Safety Standards

- ☐ Promoting Risk Management Practices
- ☐ Protecting Children and Youth
- ☒ Promoting Physical Health
- ☐ Promoting Mental Health
- ☐ Promoting Healthy Eating

Training Levels

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

Source:
Core Competencies for Early
Childhood and Youth Development
Professionals
(Kansas and Missouri), 2011

**Select one
standard and one
level**

Title: 12345 FitTastic Message #3– Include Recommended Amounts of Calcium and Vitamin D in Your Diet

Training Goal: Child care providers will recognize the importance of offering children calcium and vitamin D rich foods/beverages for maintaining health.

Learning Objective(s): Participants will

- Review importance of consuming calcium containing food
- Recognize recommended serving sizes and alternative foods that support calcium consumption
- Calculate calcium and vitamin D consumption based on types of milk and other dairy products

Topical Outline of Content	Training Method(s)	Time (in minutes)
NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and downloaded at: http://fittastic.org		
Introduction- Review the Learning Objectives	Intro	5 min
Objective 1: -Review: Fit-Tastic Healthy Lifestyles Quiz results on milk and yogurt consumption	Quiz/Discussion	5 min
Objective 2: Learn about the benefits of milk & yogurt, what constitutes a serving size, and dietary alternatives to support calcium consumption: -Review handout: <i>3 Servings of Low or Nonfat Milk or Yogurt</i> ; -Review handout: <i>How Big is a Serving? ...How Big is Your Kid?</i>	Handout; lecture/discussion	10 min
Objective 3: Learn about the calcium, vitamin D, and protein content in your cup and how much you actually need: -Review handout: <i>What's in Your Cup?</i> ; -Review handout: <i>How Much Do I Need?</i>	Lecture/discussion; handout	15 min
Objective 4: -Activity: Calculate your calcium and vitamin D consumption based on the type and quantity of milk and yogurt you consume in a day. Review <i>How Much Do I Need?</i> diagram and compare/evaluate your results. -Reminder of tips and facts for increase milk consumption -Wrap-up/ Q&A/ evaluation	Group activity; handout; discussion Q & A, evaluations	15 min 5 min 5 min
Total training time: 1.0 clock hours		1 hour

Methods of outcome evaluation: - Calculate personal calcium consumption values. Participation in group activities, Q & A, evaluation

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Date Approved:
May 29, 2015

Authorized Approval Signature:



Date Expires:
May, 2018